



Love at First Taste

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4 Cooking Recipes

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Cover art by Owyn



Ingredients:
 200g butter (room temperature)
 50 mL olive oil
 2 stalks fresh rosemary
 4 cloves of garlic
 1 tbsþ thyme
 1 tbsþ parsley
 1 whole pheasant (you can use
 chicken or other kind of poultry
 as a substitute)
 4 teaspoons salt
 Fresh ground pepper
 6 potatoes



French-Roast Pheasant

Chop the spices (except for the rosemary) and garlic into a fine paste.

In a bowl, mix the softened butter with the spices.

Clean and dry the pheasant, then apply the butter spice mix to the outside of the bird.

Chop the potatoes into large cubes and coat them generously in the olive oil, add salt and pepper to taste, and put as many as you can inside the bird along with the stalks of rosemary.

Place the bird breast side up on a medium size roasting pan, and surround it with the rest of the potato cubes.

Preheat the oven to 200°C, then dust the pheasant in salt and bake it for 2 hours, flipping every half hour. Pour the basting sauce over the bird each time as you do so. Reduce the temperature to 170°C for the last half hour.

Carve the bird, remove the rosemary stalks, and serve with the oven-roast potatoes and baste sauce.



Ingredients (dough):

150g flour
½ teaspoon baking powder
50 mL dashi*
4 eggs
Pinch of salt
¼ large cabbage
150g shrimp or pre-cooked meat
of choice
4 tbs̄p breadcrumbs
1 stalk green onion

Sauce:

4 tbs̄p ketchup
4 tbs̄p worcestershire sauce
2 tbs̄p soy sauce
1 tbs̄p honey
2 teaspoons brown sugar

Toppings:

Bonito flakes
Sliced green onion
Mayonnaise

*Dashi can be made by boiling
some kombu and bonito flakes in
water for 10 minutes.

Okonomiyaki

In a large bowl, mix flour, baking powder, and salt, then add eggs and dashi on top and mix until combined.

Chop the cabbage and shrimp/meat until very small, then add to a bowl and add another pinch of salt. Let it sit, then add sliced green onion to the mix.

Toss the veg together, then add it to the batter.

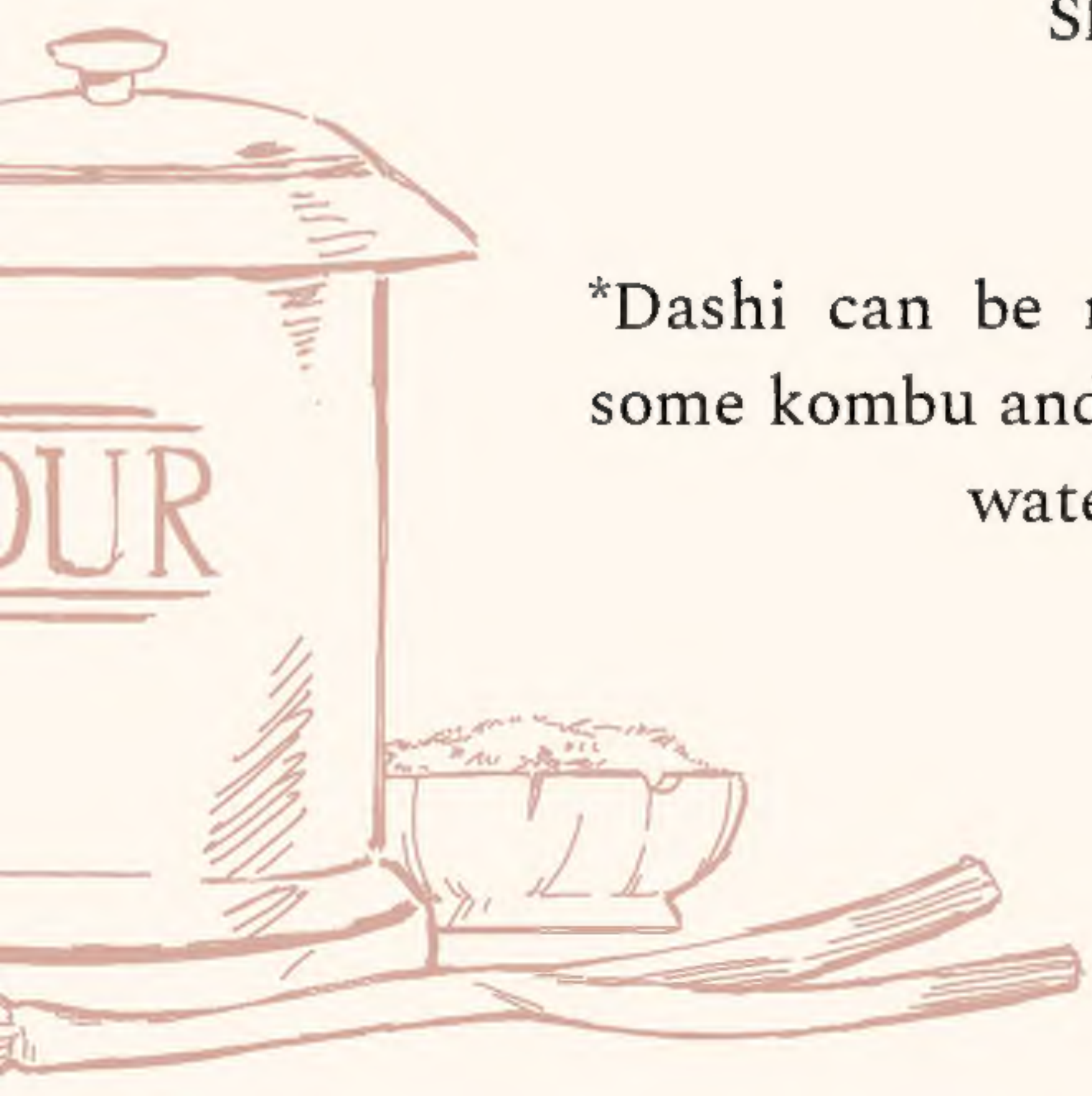
Heat up a large nonstick pan, and coat the bottom generously with sesame oil.

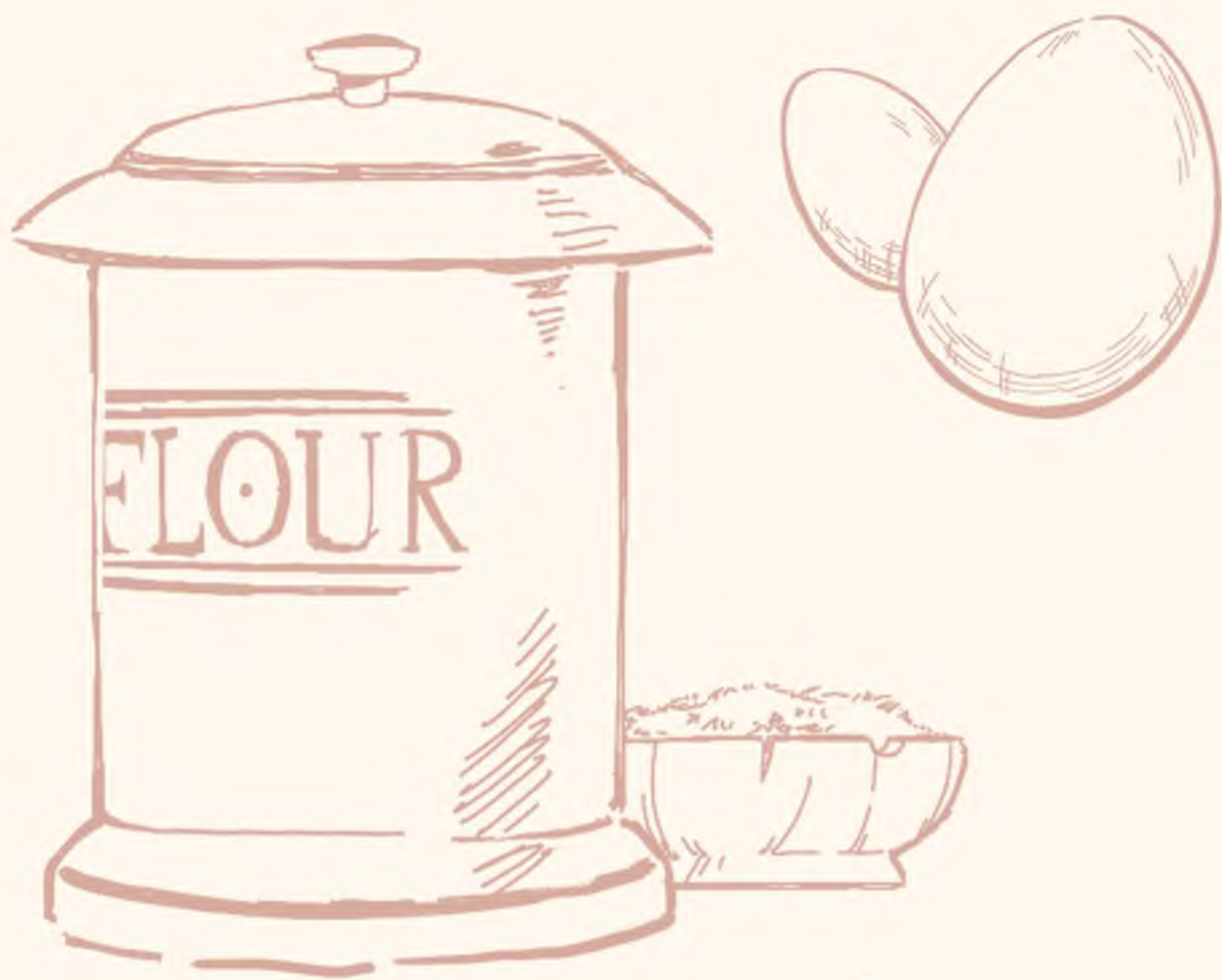
Add the mixture to the pan, and let fry on medium heat for 10 minutes.

Flip the pancake, then coat the done side in the Okonomiyaki sauce.

Finish frying the other side for another 10 minutes, then coat it with sauce as well.

Add your toppings, watch the bonito flakes dance, and enjoy!





Ingredients (dough):

100g butter (room temperature)
75g powdered sugar
A pinch of salt
2 egg yolks
Vanilla extract
200g flour
Strawberry jam

Recommended Tea blend:

Japanese cherry blossom with a
green tea base

Cook the water to about 80° C
and pour over the leaves (ca. 1
teaspoon per 100mL) then let sit
for 6-8 mins. Add a teaspoon of
honey and enjoy!



Tea Biscuits

Gently run the powdered sugar and salt through a sieve into the butter in a large bowl, then whisk the ingredients into each other until well combined.

Add the two egg yolks and a few drops of vanilla extract, and keep whisking.

Then, sieve the flour into the bowl, folding everything together until well combined and slightly crumbly in texture.

Roll out the dough, then refrigerate for about an hour.

Use your favorite cookie cutter and quickly punch out your cookies before the butter becomes soft! Iris always goes for the bear and the heart shapes, but any are fine. :)

Preheat the oven to 320°C, and bake the cookies for 10 minutes, or until they're lightly golden brown. Then set them out on a rack to cool.

You may now grab the strawberry jam, take two of the same shapes, and make a little sandwich!

Enjoy with a cup of warm tea.



Ingredients (dough):

50g dango rice flour

45 mL hot water

2g sugar

Sauce:

50 mL soy sauce

50 g sugar

100 mL water

15g potato starch

Mitarashi Dango

Mix the rice flour in a bowl with the sugar and slowly add the water until it forms a smooth dough.

Roll out the dough into a snake about 2 cms wide. Cut into even pieces, then form each piece into a small ball.

Boil all the dangos in a pot of water until they start to float, then cook for another minute.

Remove the dumplings and place immediately into an ice bath. Once cooled, you may skewer them onto your bamboo skewers.

Heat up a pan to high heat without oil, then briefly sear your dango skewers on both sides just until they turn slightly crispy.

For the sauce, mix your ingredients in a small pot over medium-low heat for about a minute, until it has a honey-like consistency.

Pour your sauce over your warm dango, and enjoy!

